



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09443, Juice, apple and grape blend, with added ascorbic acid

Report Date: June 30, 2017 11:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.92 Fat Factor: 8.37 Protein Factor:3.36

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 250g
Proximates					
Water ¹	g	87.05	2	--	217.62
Energy	kcal	50	--	--	125
Energy	kJ	211	--	--	528
Protein ¹	g	0.16	2	--	0.40
Total lipid (fat) ¹	g	0.12	2	--	0.30
Ash ¹	g	0.22	2	--	0.55
Carbohydrate, by difference	g	12.46	--	--	31.15
Fiber, total dietary	g	0.2	--	--	0.5
Sugars, total ¹	g	10.92	2	--	27.30
Sucrose ¹	g	0.74	2	--	1.85
Glucose (dextrose) ¹	g	3.72	2	--	9.30
Fructose ¹	g	6.46	2	--	16.15
Lactose ¹	g	0.00	2	--	0.00
Maltose ¹	g	0.00	2	--	0.00
Galactose ¹	g	0.00	2	--	0.00
Minerals					
Calcium, Ca ¹	mg	11	2	--	28
Iron, Fe ¹	mg	0.11	2	--	0.28
Magnesium, Mg ¹	mg	7	2	--	18
Phosphorus, P ¹	mg	9	2	--	22
Potassium, K ¹	mg	96	2	--	240
Sodium, Na ¹	mg	7	2	--	18

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 250g
Zinc, Zn ¹	mg	0.05	2	--	0.12
Copper, Cu ¹	mg	0.010	2	--	0.025
Manganese, Mn ¹	mg	0.041	2	--	0.102
Selenium, Se	µg	0.1	--	--	0.2
Fluoride, F ¹	µg	72.1	45	5.507	180.2
Vitamins					
Vitamin C, total ascorbic acid ^{a 1}	mg	28.2	2	--	70.5
Thiamin ¹	mg	0.006	2	--	0.015
Riboflavin ¹	mg	0.015	2	--	0.037
Niacin ¹	mg	0.087	2	--	0.217
Pantothenic acid ¹	mg	0.035	2	--	0.087
Vitamin B-6 ¹	mg	0.021	2	--	0.052
Folate, total	µg	0	--	--	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	--	--	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	2.4	--	--	6.0
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol	µg	0	--	--	0
Carotene, beta	µg	2	--	--	5
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	4	--	--	10
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	33	--	--	82
Vitamin E (alpha-tocopherol)	mg	0.01	--	--	0.03
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	0.2	--	--	0.5
Lipids					

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	8.0 fl oz 250g
Fatty acids, total saturated	g	0.023	--	--	0.058
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.001	--	--	0.003
16:0	g	0.019	--	--	0.048
18:0	g	0.003	--	--	0.007
Fatty acids, total monounsaturated	g	0.005	--	--	0.013
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.004	--	--	0.010
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.032	--	--	0.080
18:2 undifferentiated	g	0.027	--	--	0.068
18:3 undifferentiated	g	0.006	--	--	0.015
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD

Footnotes

^a Various brands and package sizes may have different vitamin C levels due to different fortification practices.